

7 SIGNS

JESUS REVEALED IN
THE BOOK OF JOHN

Visual Reflections are based on the practice of Visio Divina, which means "sacred seeing". We recommend reading the 'About Visual Reflections' document before leading your first reflection.

Before you begin:

- Display the image so that it can be easily seen by all participants. You could print an A4 page version for each person and/or display the image on a PPT slide.
- Ensure the space you are in is quiet and comfortable.
- Provide sticky notes, paper and pens for anyone who would like them.
- Spend some time praying for the participants.
- Consider using a quiet timer so you are not tempted to rush.

Jesus walks on water



<https://www.gettyimages.com.au/detail/illustration/jesus-walks-on-the-sea-published-1877-royalty-free-illustration/184927862?adppopup=true>



You have probably experienced a time when words and music helped to draw you into the presence of God. In the same way, the Holy Spirit invites us into the presence of our Creator through the things that we see.

Today, we are going to quietly reflect on an image and invite the Holy Spirit to help us learn more about the nature of Jesus.

I will guide us through the reflection. There is no expectation or pressure for anyone to read anything or say anything out loud.

We will spend approximately [x] minutes on the reflection today.

After each prompt, there will be silent spaces where you can respond however you like.

As we go through the reflection, you might like to make notes or draw images on the paper provided.

Give a copy of the image to all group members or display it on the screen.

Part One: Be still

- *Take a moment to quiet your mind. Notice what is happening in your thoughts and in your body and allow yourself to be still. (20 seconds)*
- *Invite the Holy Spirit to speak to you through the reflection we are about to do. (20 seconds)*

You might like to pray, "Holy Spirit, thank you that you are here with me. As I take time to quiet my thoughts, please speak to me and draw me into your presence. Amen."

Part Two: Be curious

- *Look at the artwork of Jesus walking on water towards his disciples in the boat. (30 seconds)*
- *What part of this artwork do you find your eye returning to? (30 seconds)*
- *What do you think is important in this artwork? (30 seconds)*

Part Three: Be open

- *Make space for the image to reach your soul and draw you into God's presence. (20 seconds)*
- *How does this connect to your own circumstances? (40 seconds)*

- *What emotions does this image stir in you? (20 seconds)*
- *Read John 6:18-21 (NIV)*

¹⁸ A strong wind was blowing and the waters grew rough. ¹⁹ When they had rowed about three or four miles, they saw Jesus approaching the boat, walking on the water; and they were frightened. ²⁰ But he said to them, "It is I; don't be afraid." ²¹ Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading.

How does the artwork contribute to your understanding of this Scripture?

Part Four: Be moved

- *Talk to God about what you have discovered. (60 seconds)*
- *What might you do differently this week because of this reflection? (30 seconds)*
- *How does your reflection impact your relationship with yourself, others, or God? (30 seconds)*
- *Offer your prayers to God now in a final time of silence. (40 seconds)*

Response

Invite everyone to respond in one or all of these ways:

- Hand everyone a card/sticky note and a pen. Stick a copy of the image on the wall.
 - *On the card provided, write a word or phrase that summarises your reflection. Stick it to the wall around the image.*
- *We are going to take a moment if anyone would like to share with us all about their reflections.*

If possible, participants can take a photo as a reminder.